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eter K. Trzyna (Reg. No. 32, 601), hereby certify that this paper or fee is being filed by depositing it with the United States Postal Service "Express Mail Post Office to Addressee" service under 37 CFR 1.10 on the date Indicated below and is addressed to MS. Notice of Appeal, Commissioner of Patents, P.O. Box 1450, Alexandria, VA 223 the date set forth below; **PATENT** 

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File: Hinne-P3-01

Signed:

Peter K. Trzyna (Reg. No. 32,601)

Date

September 11, 2006

## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor

Michael Hinnebusch

Serial No.

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Filed

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For

SYSTEM AND METHOD TO IMPROVE FITNESS

**TRAINING** 

**Group Art Unit** 

3639

Examiner

NELSON, Freda Ann

MS: Notice of Appeal Commissioner of Patents

P.O. Box 1450

Alexandria, VA 22313-1450

## AMENDMENT AFTER FINAL

SIR:

In response to the Office Action mailed March 10, 2006, in the above-referenced patent application, please enter the following amendment and reconsider the application in view of the amendment and the remarks set forth below. It is believed that no new matter has been added.